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# NUTRITION

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## News Letter

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### INTERAGENCY COMMITTEES ON SCHOOL LUNCH AND NUTRITION MERGE

Nine Federal agencies and the American National Red Cross are represented on the new Interagency Committee on Nutrition Education and School Lunch. This Committee, organized to coordinate nutrition activities and interests of member agencies, is a result of merging the Interagency Nutrition Planning Committee and the Interagency Committee on School Lunches. The consolidation of the two committees was accomplished in January when the administrators of the agencies involved approved the merger, bringing together two groups having the same general objectives.

The new Committee has set up the following objectives:

1. To develop common goals relating to nutrition education and school lunch toward which member agencies should direct their efforts.
2. To provide for exchange of information among member agencies on their activities in these fields.
3. To provide consultant and clearing house services in these fields to other agencies and organizations—State, national, and international.
4. To maintain liaison with State, county, and city nutrition committees and other organizations interested in nutrition education and school lunch programs.
5. To point up needed studies, research, and action relating to these fields.
6. To recommend and facilitate the carrying out of service projects in these fields of nutrition education and school lunch, such as institutes, workshops, preparation of materials, which can be done effectively by member agencies, singly or jointly.

The agencies represented on this Committee are the American National Red Cross, Children's Bureau, Office of Education, Public Health Service, Bureau of Human Nutrition and Home Economics, Extension Service, Farmers Home Adminis-

tration, Production and Marketing Administration, Office of Experiment Stations, and Rural Electrification Administration.

The chairmen of the two former committees—Margaret Dreisbach and Gertrude Drinker—are acting as cochairmen of the new one for the remainder of the year.

### CONFERENCE ON FOOD PROTECTION

A new committee to provide technical counsel on the utilization of new chemical and other materials in the production and processing of foods was considered at a conference held in Washington, December 29, under the auspices of the Food and Nutrition Board of the National Research Council.

The conference was called by the Food and Nutrition Board to bring together representative viewpoints of Government, agriculture, the food and chemical industry, and public health. The conference considered the use of newer chemicals in food production, the introduction of functional ingredients in food processing, and the need for further knowledge in applying these newer aids.

By unanimous action the conference requested the chairman, Dr. H. E. Longnecker, to appoint a committee to complete organizational and operational plans for approval of various groups interested in the problem.

The chairman emphasized the desirability of cooperative action by industrial, Government, and other research organizations in providing the scientific guidance required to protect the food supply with regard to both adequacy and safety.

### USE OF IODIZED SALT URGED

Family Fare (copy enclosed) points out the importance of iodine as a food essential in the following words:

"Your body must have small but steady amounts of iodine to help the thyroid gland to work properly. The most familiar bad effect of getting too little iodine is a swelling of the gland, called goiter.

"Along the sea coast and in some other parts of the United States, iodine is contained in the drinking water and vegetables and fruits grown in local soil. But too little iodine in water and soil is the cause of a wide goiter belt across the country, particularly around the Great Lakes and in north-western States.

"It is well to plan for iodine, particularly if you live inland. Eating salt-water fish or other food from the sea at least once a week will help. But the best line of defense is to use iodized table salt regularly. In this kind of table salt, the iodine lost from natural salt in refining is restored.

"One point of warning must be added. Using iodized salt regularly can prevent simple goiter, but it may be harmful to a goiter far-advanced. If in doubt about its use, see a competent physician."

A comprehensive statement entitled "Iodine—a Food Essential," by W. H. Sebrell, was published in Public Health Reports, vol. 64, No. 34, Aug. 26, 1949. (Reprint No. 2956.)

#### NEW USES FOR THE FLANNELGRAPH

The phenomenon of flannel adhering to flannel has been put to good use in presenting information in an interesting way for many years. Its recent adaptation to television and its use in workshops to illustrate the principles involved in menu making indicate its versatility and adaptability.

The most common form of the flannelgraph is a piece of ordinary cotton or wool flannel stretched tightly over a piece of heavy cardboard on which symbols are arranged to build a visual message. The symbols may be colored flannel cut in appropriate shapes or pictures pasted to a flannel backing.

For television the USDA Radio and Television Service has found that best results are obtained with wool flannel on a backing material of at least 1/2-inch plywood, and with symbols backed with sandpaper strips instead of flannel.

A dark background with grey or light-colored symbols was found more effective. The TV camera focuses on the board and shows the symbols being placed on it to build the visual message.

In USDA programs the flannelgraph was used on TV primarily to promote use of plentiful foods. Because of the great impact made by the visual messages, repetition could not be tolerated to any considerable degree and an unusual amount of artwork was required to create fresh and new approaches to the subject matter, according to Thomas M. Noone, Jr., of the Radio and Television Service.

In California workshops and meetings, State and county school lunch field supervisors use the flannelgraph to teach school lunch managers how to plan menus. Before the workshop the supervisor plans 5 to 10 low-cost meals. These might include a menu made up of macaroni and cheese, cooked dried egg added to Thousand Island dressing for lettuce salad, whole-wheat bread with butter or margarine, prunes, and milk; and a simple menu of beef and vegetable stew, muffins with butter or margarine, and milk. She next prepares symbols of the dishes included in the menus to use on the flannelgraph.

She makes large charts listing the foods used in each menu, indicating with red stars the USDA commodities available without cost to schools. For purchased foods, the cost computed at local prices is placed beside the item. The total cost of the menu is shown at the bottom.

As the supervisor talks to school lunch managers about menu planning she places the symbols on the flannelgraph to illustrate her points. After the talk she may ask a member of the audience to repeat it. Kathryne I. Sheehan, School Lunch Division of Food Distribution Programs Branch of PMA, says that this type of teaching helps to interest and relax the group and soon there are spontaneous comments and discussion.

#### NEWS OF STATE COMMITTEES

##### NEW FINDINGS PRESENTED AT VIRGINIA INSTITUTE

"New Things in Nutrition" and "What Have We Learned from Recent Nutrition Studies" were considered at a recent nutrition institute held by the Virginia Nutrition Council. The "new things" were set forth by Dr. Esther F. Phipard of USDA Bureau of Human Nutrition and Home Economics who pointed out that today we know of nearly 50 nutrients, including almost 20 vitamins, necessary to man's needs.

She also discussed the relationship between an adequate food intake and the health of mothers and infants; problems of food and health associated with the increased number of older people; low-salt diets in treatment of high blood pressure; nutrition research related to causes of cancer; and school feeding problems.

Edward Moe, formerly with USDA Bureau of Agricultural Economics and now with the Extension Service, said that although research has shown that diets of many people are inadequate, homemakers often fail to recognize this inadequacy. In order to change food habits, information should be given in terms of a specific food or food problem. Nutrition teaching in schools, he said, is the best way to pass on fundamental knowledge.

A panel discussion of the problems presented in both talks brought out that individuals must be convinced of the need and importance of eating good diets and be willing to follow this conviction. This calls for effective educational programs by every agency. The panel recommended that, after a study of program techniques and practices for improving nutrition, action programs be initiated. It suggested that emphasis be placed on breakfast, school lunch, proper storage and preparation of food, and on sources of nutrients in the diet.

#### REPORTS OF MISSOURI NUTRITION ACTIVITIES GIVEN AT ANNUAL MEETING

A project to teach tubercular patients what foods they need when they return home and how to prepare such foods is being set up at the Missouri State Sanatorium, the Sanatorium's director of Social Service Rehabilitation told members of the Missouri Nutrition Council at their annual meeting. To carry out the project, however, the Sanatorium needs home economics teachers. Council members considered how they could recruit teachers and assist in this program.

Members also discussed the other reports given at the meeting and proposed various ways of supporting the activities. The reports given include—

.. "The Nutrition Program and Health Councils." A representative of the Missouri Farm Bureau urged the Council to foster county health councils to interest rural people in health. A nutrition

subcommittee, acting as the county nutrition committee, would be a part of such county health councils.

.. "School Lunch Workshops in Missouri." Courses on school lunch preparation given last summer at all State colleges and two universities will be reevaluated as summer courses in 1950. Workshops for cooks, lunchroom workers, elementary teachers, and school administrators are planned. A mimeographed list of suggested activities for school lunch and nutrition programs prepared by the Vocational Division of the State Department of Education was distributed at last summer's workshops.

.. "Integrating Nutrition Education in the Elementary School." With a goal of Better Food Habits and Better Health for All People, the Callaway County Nutrition Program (Dec. 1948 NNL) was developed around diet surveys in schools, slogan contests, educational programs, and infant and preschool health conferences. The results were better food habits, better breakfasts, better work and discipline in schools, as well as greater interest in nutrition throughout the community.

.. "The Better-Breakfast Campaign in Worth County." A Good-Breakfast Survey of one-fourth of the county's school children showed that only about half of them ate good breakfasts and many did not have enough milk, eggs, fruit, or butter or margarine.

.. "Nutrition Counseling in Child Health Conferences." A nutrition service, originated in 1944 as a project of the St. Louis Nutrition Committee, is available to mothers for their young children as part of the St. Louis County Child Health Conference. Food talks are led by interning hospital dietitians after having been given instructions, discussion outlines, and reference materials. The informal, 20-minute discussion with the mothers ends with a summary of what has been said, the dietitian helping group members pick out their weak points and make group decisions for action. This method has proved effective as a way of changing food habits. Mothers referred by the pediatrician may also consult the nutritionist individually.

In attendance at this annual meeting were 34 representatives from 15 agencies and 11 Missouri cities and towns.

GOOD ORGANIZATION IN UTAH  
PRESAGES EFFECTIVE WORK

Seven regular standing committees carry on the work of the Utah Nutrition Council. Their functions are—

..Speakers Committee arranges for speakers at meetings.

..Research Committee discusses projects of their own and others at each meeting.

..News Releases and Publications Committee prepares and edits all articles which appear in the name of the Council.

..Radio and Television Programs Committee acts in counseling or advisory capacity for weekly radio and television programs in Salt Lake City, Logan, and Provo.

..Illustrative Material Committee discusses new bulletins and materials at meetings before recommending them to teaching agencies.

..Advisory Committee for Hospitals works with architects, contractors, equipment concerns, and others in planning kitchens and food service departments.

..Special committee to bring the history of the Council up to date.

..There is also a committee to write up uniform methods and time processing for use by all agencies giving out canning information, according to Chairman Anna Marie Driscoll.

NEW MATERIALS

Available from the Superintendent of Documents, GPO, Washington 25, D. C.

Report of the Chief of the Bureau of Human Nutrition and Home Economics, Agricultural Research Administration, 1949. (16 pp. 1950. 5 cents.)

Family Fare—Food Management and Recipes. (Home and Garden Bul. No. 1, 96 pp., illus. 1950. 25 cents.) (Copy enclosed.)

Methods for Microbiological and Chemical Determinations of Essential Amino Acids in Proteins and Foods, by M. J. Horn, D. B. Jones, and A. E. Blum. (Misc. Pub. 696, 12 pp. 1950. 10 cents.)

Available from Supervisor of School Lunch Programs, Florida State Department of Education, Tallahassee, Fla.

Growing Through School Lunch Experiences. (Bul. 33A, 177 pp., illus. 1948. 85 cents.)

Available from Area Offices of Production and Marketing Administration.

Monthly lists of foods in plentiful supply and information about foods being distributed by PMA. Food distribution programs are described in the folders, The Plentiful Foods Program and The Direct Distribution of Food (Dec. NNL).

PMA Area offices are located at—

641 Washington St., New York 14, N. Y.  
(Serving Maine, Del., N. H., Vt., W. Va., R. I., Conn., Pa., N. J., N. Y., Md., D. C., Mass.)

623 South Wabash Ave., Chicago 5, Ill.  
(Serving Ill., Ohio, Ind., Iowa, S. D., N. D., Mich., Mo., Minn., Nebr., Wis.)

30 Van Ness Ave., San Francisco 2, Calif.  
(Serving Mont., Wyo., Nev., Calif., Ariz., Wash., Idaho, Oreg., Utah.)

101 Norman Bldg., Dallas 2, Tex.  
(Serving Kans., Ark., La., Tex., N. Mex., Okla., Colo.)

449 West Peachtree St. NE, Atlanta 3, Ga.  
(Serving Fla., Ga., N. C., S. C., Va., Tenn., Miss., Ky., Ala.)

418 Dillingham Bldg., Honolulu 16, T. H.  
(Serving Hawaii.)

P. O. Box 4349, San Juan, P. R.  
(Serving Puerto Rico and Virgin Islands.)